

# North Cascades National Park

Lake Chelan National Recreation Area

Ross Lake National Recreation Area

National Park Service  
U.S. Department of the Interior



## RAVEN

*Corvus corax*

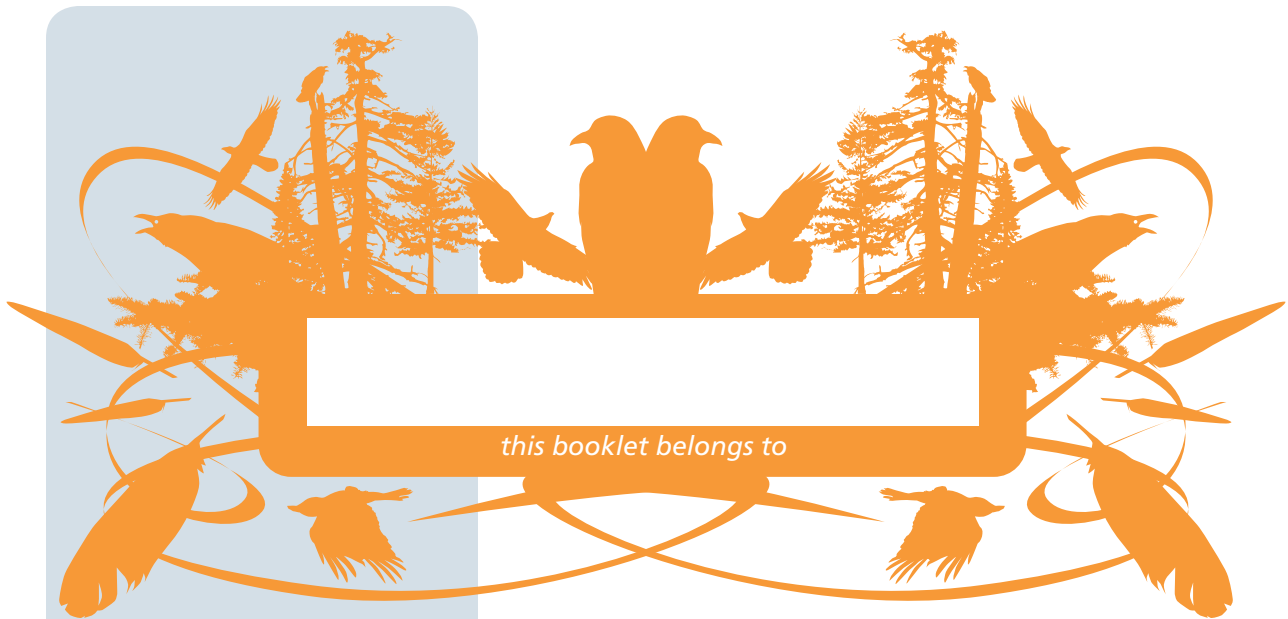
JUNIOR RANGER

PROGRAM

AGES  
**8-11**

CULTURAL  
AWARENESS





*this booklet's theme:*

## CULTURAL AWARENESS

*North Cascades National Park preserves the stories of people who have lived here for over 9,000 years. These tales of adventure, struggle, and an ever-changing relationship with this wild place are written in the rock and across our landscape, just waiting to be discovered.*



Why did you want to visit  
North Cascades National Park?

Tell the story of how your family  
came to North Cascades National  
Park.

# Junior Ranger Totem

Hi!

I am a **Raven**, and one of the most clever animals found in North Cascades National Park. In Native American legends, I am known as the trickster and creator spirit.

I can be found soaring above every life zone in the park. I am the largest songbird in North America. Listen for the many unique sounds I utter as they echo through the forest, down the valleys and up into the mountains.



*krrrraacckk!*

*crroakkk!*

*caw! caw!*

## What is a totem?

A totem is an animal, plant, or natural object that is meaningful to people living in the area where it can be found.

A totem can be an important cultural symbol for a group of people or an individual. Many native people believe that each person has a totem from nature, which acts as a spirit guide and protector for that person. Totem poles can be found throughout the Pacific Northwest with carvings of each tribe's totems.

## How are YOU like a raven?

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CHOOSE YOUR OWN TOTEM!



# HOW TO BECOME A JUNIOR RANGER



Two different types of activities are found within this booklet. Some are specific to a region in the park complex while others you can do wherever you are visiting! To receive an official North Cascades Junior Ranger patch, badge and certificate, *please complete at least 1 PLACE-BASED ACTIVITY and 5 GENERAL ACTIVITIES.* \*

## CHOOSE 1

HOZOMEEN and  
ROSS LAKE ☐

NEWHALEM and  
HIGHWAY 20 ☐

STEHEKIN and  
LAKE CHELAN ☐

## CHOOSE 5

Learn about the North Cascades **1** ☐

A Legend of the Pacific Northwest **2** ☐

Sounds of the North Cascades **3** ☐

Junior Ranger Matching **4** ☐

Poets on the Peaks **5** ☐

Who am I? **6** ☐

South Cascade Glacier **7** ☐

Tree of Life **8** ☐

Exploring the North Cascades **9** ☐

We also have 3 other Junior Ranger booklets, each with their own theme and totem animal.



Total Activities Completed

ages 3 - 5

Pacific  
Treefrog



**EXPLORATION OF THE  
NATURAL WORLD**

ages 5 - 8

Black Bear



**BIODIVERSITY**

ages 8 - 11

Raven



**CULTURAL  
AWARENESS**

ages 12+

Mountain  
Goat



**PUBLIC LAND  
STEWARDSHIP**

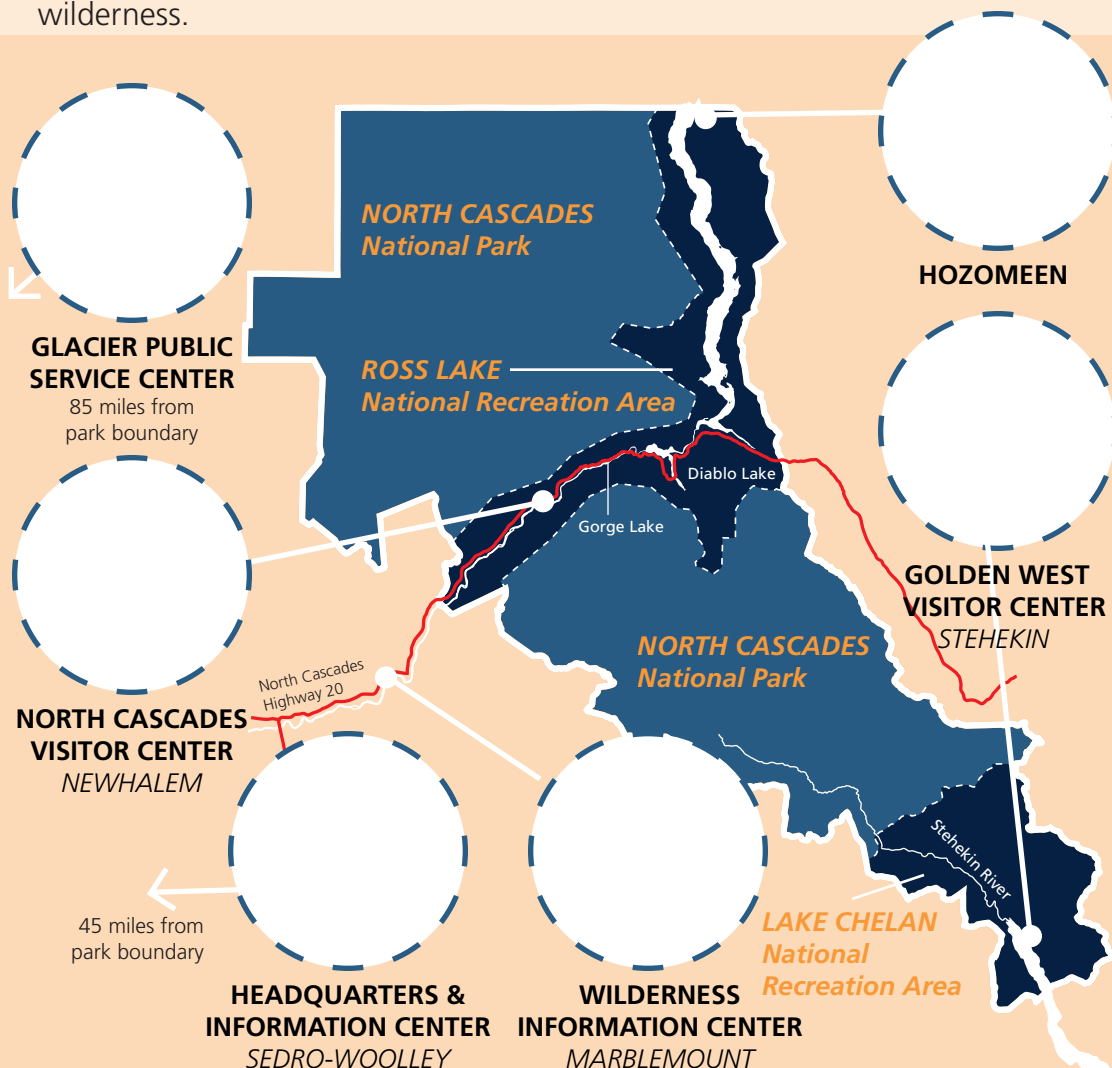




# Where am I in North Cascades National Park?

North Cascades National Park is a *complex* place. Three different areas are designated within the park complex:

**Ross Lake** National Recreation Area, **Lake Chelan** National Recreation Area, and **North Cascades** National Park. Each area within the park complex is unique, yet when combined, preserves an important cultural history and a vast wilderness.



# Complete this LOCATION-SPECIFIC activity if you are visiting: Newhalem and North Cascades Highway

**Newhalem** is a community on the edge of the wilderness in the upper Skagit Valley. Native Americans have called this place home for thousands of years. With the arrival of homesteaders, loggers, and miners, the area changed, yet it has remained a place of mountainous, natural beauty.

*Jim Harris, pictured in this photograph, was the first District Interpretive Ranger at North Cascades National Park. He grew up on a homestead in the small community of Rockport just outside of the park. Read the excerpt below written by Jim Harris and learn about a life lived close to the land.*

## My Place in the Mountains

-excerpt from *Impressions of the North Cascades*



"Our life was centered on the land around us. A walk in the woods or a picnic by the river was a special family event... I remember well the feeling of sun and showers, the rich, mingling odors of sweating horses, freshly worked soil, and the sweet scent of erupting cottonwood buds as I trudged behind team and harrow...

In reflection, those experiences were the weaving of a fiber which still connects me to the land... Neighbors often dropped by on weekends, and I was delighted when they could stay for the weekend. Our log living room with an open fireplace as an inviting setting for storytelling... These were stories of people and the land—stories of hidden gold mines high in the Cascades, beautiful mountain lakes and meadows, and isolated stream valleys where a person could live well.

To get to town, we walked or drove our old truck to the ferry landing. If the ferryman was in his cabin on the far side, we gonged the saw hanging from the maple which clung to the river's bank...

In late summer, through the dusk and wafting mists, I could hear the slap of water as great salmon made their way upstream. My Indian friends knew there were spirits in all things-- I too could hear voices in those gently swirling waters."

-Jim Harris



Pretend that you are living on a homestead with no electricity in the upper Skagit Valley. Write about your life in the journal below. You can include the chores you have to do, adventures in the wilderness around your home, games you created for entertainment without electricity, and so on.



Visit the Rock Shelter in Newhalem to learn how Native Americans survived in this mountain wilderness.

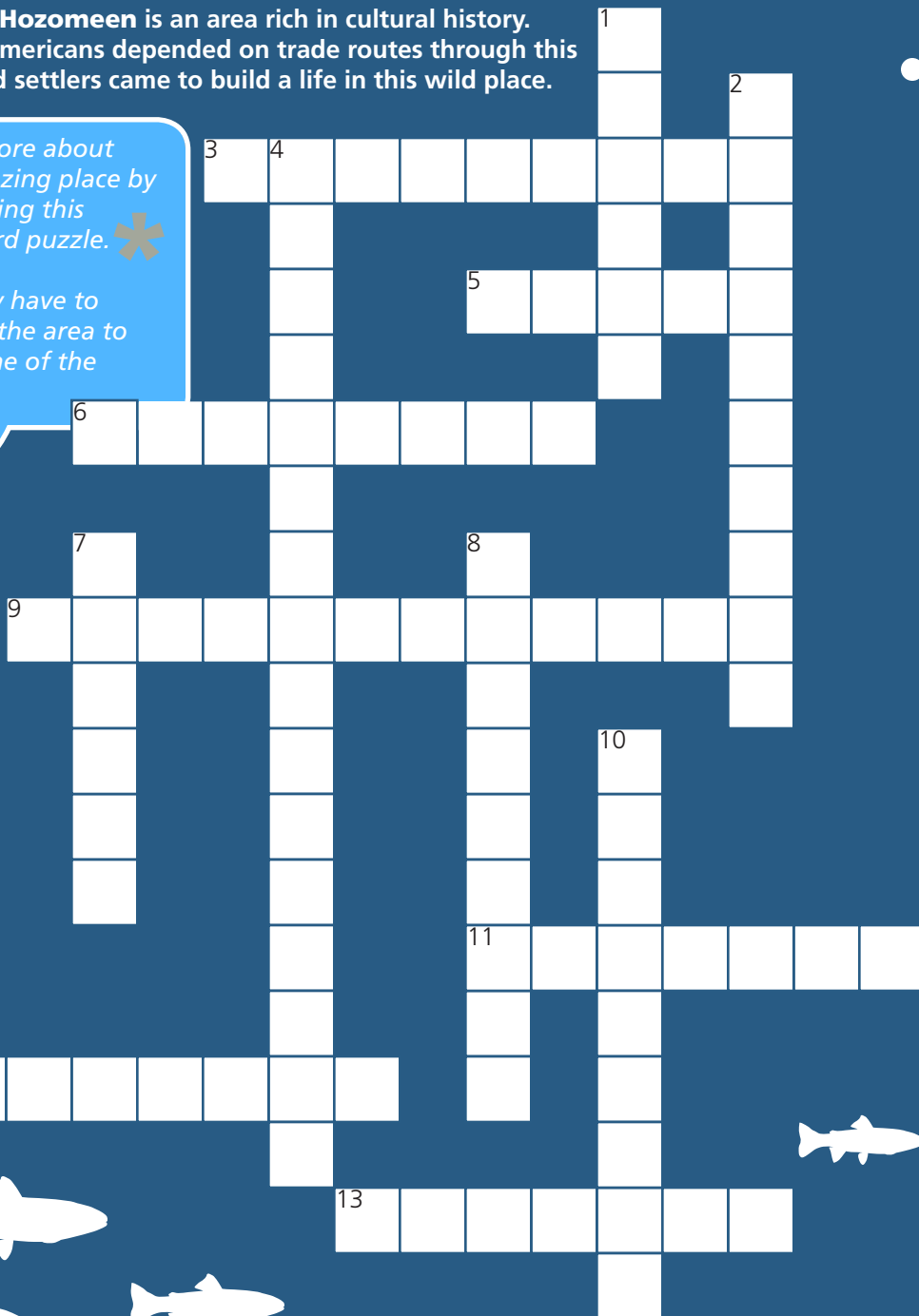
Complete this activity if you are visiting:

# Hozomeen and Ross Lake

Located on the border between the United States and Canada, **Hozomeen** is an area rich in cultural history. Native Americans depended on trade routes through this area, and settlers came to build a life in this wild place.

Learn more about this amazing place by completing this crossword puzzle. ✳

You may have to explore the area to find some of the answers





## ACROSS

- 3 Name of a family with a ranch in the area on the Canadian side of the border in the early 1900s.
- 5 Native Americans collected this type of stone for making tools.
- 6 This word means "sharp like a knife."
- 9 Campers here today are encouraged to follow the guidelines of \_\_\_\_\_ to reduce human impact on the environment.
- 11 The type of monument used to indicate the boundary between the USA and Canada.
- 12 Community built to service prospectors during a gold rush in the late 1800s that is now submerged beneath Ross Lake.
- 13 Many recreationists visit Ross Lake and the Skagit River to take part in this activity.

## DOWN

- 1 This map feature is marked with a regularly maintained 20ft (6m) wide swath cut through the trees.
- 2 Curly \_\_\_\_\_ was a significant person in the fight against raising Ross Dam.
- 4 The water stored in Ross Lake is used to produce\_\_\_\_\_.
- 7 An open area in a forest, dominated by grasses and wildflowers. Native Americans sometimes burned these areas to keep trees from growing.
- 8 Name of the mountain where a gold strike in the early 1900s turned out to be a hoax.
- 10 Ross Lake is not a natural lake, but one created by damming the Skagit River, making it a \_\_\_\_\_.





Complete this LOCATION-SPECIFIC activity if you are visiting:

# Stehekin and Lake Chelan

Tucked away at the head of Lake Chelan and surrounded by mountains, Stehekin is a remote community that can only be reached by boat, plane, or trail. As a result, life in this isolated valley takes on an unhurried, quiet pace for residents and visitors alike.

One meaning of the word Stehekin is “the way through.” People have journeyed through this area for thousands of years. Native Americans paddled up 50-mile long Lake Chelan and then walked over mountain passes to trade with their neighbors. Explorers and miners later created new routes through the mountains and valleys in search of adventure and riches. More recently, families have settled here to live simply and close to nature. The special community of Stehekin is shaped by all of these people and the stories they pass on.

## What is a *pictograph*?

A pictograph, also referred to as a pictogram, is a picture which represents a word or an idea. This pictograph is located on a rock face on Lake Chelan. It was created by Native Americans who lived in the North Cascades many years ago.



Write a sentence or two describing what you think the person who made this image was trying to say. Why do you think people left these messages?

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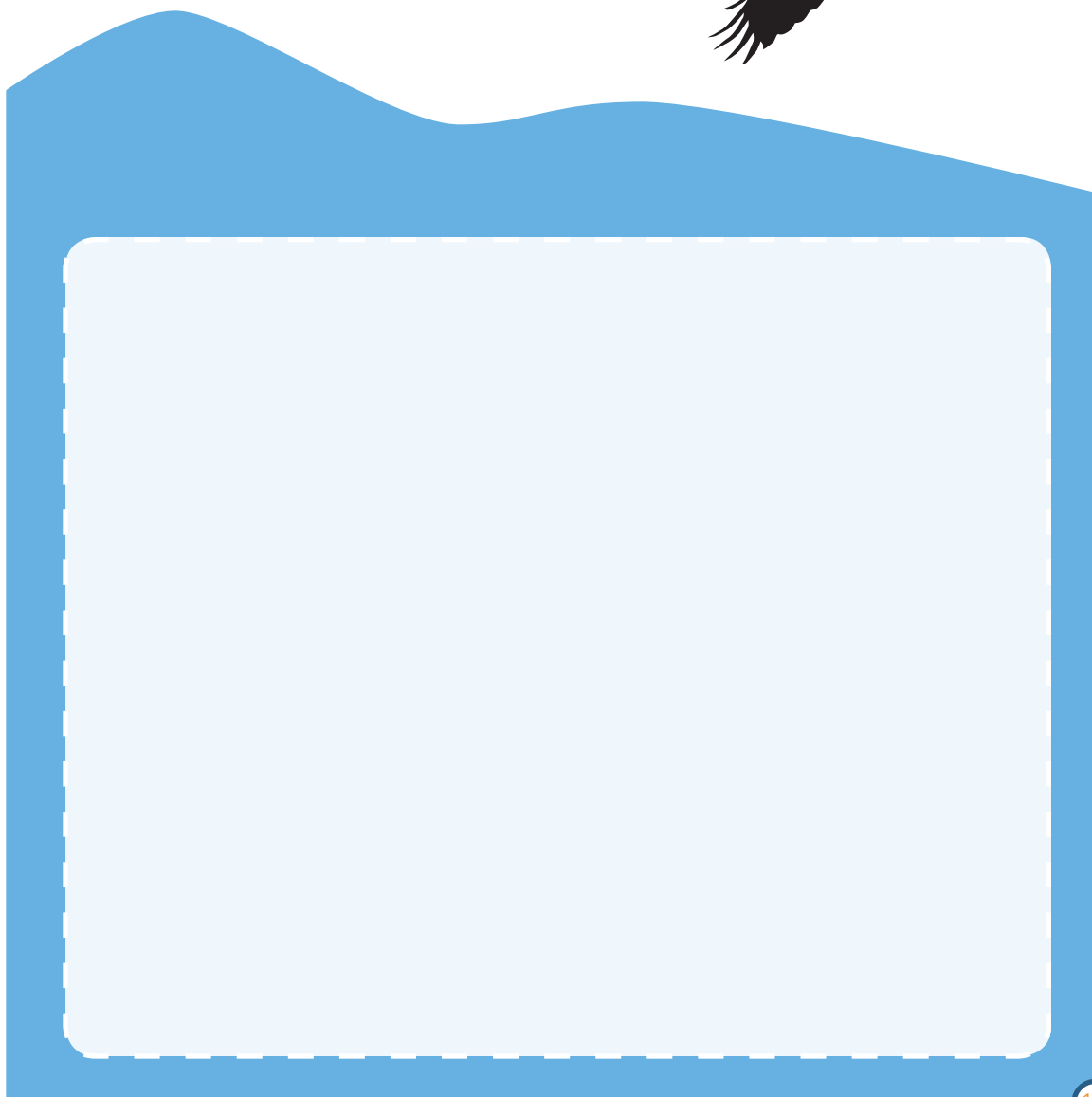
Can you think of codes or signs we use in our culture to communicate with each other?

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*Pretend the space below is a rock face. Draw your own pictograph with a message about your North Cascades experience for people in the present or a message for future generations. Share it with your friends and family to see if they can figure out the meaning of your drawing.*



## ACTIVITY

1

Learn about the North Cascades

Find out why North Cascades National Park is such a special place!

*Attend a ranger program or interview a ranger!*



### #1 Attend a Program

Type of program:

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Something I would teach my friends and family if I were a ranger:

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### #2 Interview a Ranger

What is your job at North Cascades?

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What North Cascades plant or animal species important to you, and why?

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## ACTIVITY

2

### A Legend of the Pacific Northwest

This story is from a Puget Sound area tribe, recorded in the book *Indian Legends of the Pacific Northwest*. Many local versions of legends and stories exist about Raven. Raven is an important totem to many tribes of this region, including the Coastal Salish and Skagit people who spoke the Lutsuootseed language.

## Raven as Changer and Creator

LONG AGO, near the beginning of the world, people lived in darkness, without fire and without fresh water. Raven was a handsome young man who fell in love with Gray Eagle's beautiful daughter. He changed himself into a snow-white bird to please Gray Eagle's daughter. She invited him to her father's lodge.

When Raven saw the sun and the moon and the stars and fresh water hanging on the sides of Eagle's lodge, he knew what he had to do. He waited for his chance to seize them when no one was watching. He stole all of them and sticks from the fire. Then he flew out of the lodge through the smoke hole.

As soon as Raven got outside, he hung the sun up in the sky. It made so much light that he was able to fly far out to an island in the middle of the ocean. When the sun set, he fastened the moon up in the sky and hung the stars around in different places. By this new light he kept on flying, carrying with him the fresh water and the fire.

He flew back over land. When he had reached the right place, he dropped all the water he had stolen. It fell to the ground and there became the source of all the fresh-water streams and lakes in the world.

Then Raven flew on, holding the fire sticks in his bill. The smoke from the fire blew back over his white feathers and made them black. When his bill began to burn, he had to drop the flaming sticks. They struck the rocks and went into the rocks. That is why, if you strike two special stones together, fire will drop out.

Raven's feathers never became white again after they were forever blackened by the smoke from the fire. That is why Raven is now the color black.

Ravens are an important symbol for the Native Americans living in the Pacific Northwest. Think of an animal that is used as a symbol or mascot for your school or favorite sports team. Write your answer below:

*Read the legend of Raven and answer the question below!*





The Native Americans who lived in this area for thousands of years found everything they needed to survive from nature. *Learn about some of the plants they depended on by reading the descriptions below. Then try to find each plant and draw a picture of it in the corresponding box. You can get bingo by finding three squares in a row in any direction.*

<b>ACTIVITY</b>	<b>3</b>
<b>Nature Detective Bingo</b>	

**Ponderosa Pine**

*Pinus ponderosa* - Reddish pitch was used as chewing gum. Seeds were used to make quick, hot, smokeless fires.

**Western Redcedar**

*Thuja plicata* - Wood was used for canoes. Inner bark was used to make warm clothing, twine, nets, and diapers.

**Tiger Lily**

*Lilium columbianum* - Bulbs were steamed and eaten in soups, used to flavor food, and dried for winter.

**Stinging Nettle**

*Urtica dioica* - Leaves were cooked and eaten or made into tea. Fiber from plant was used to make fish nets.

**Douglas-fir**

*Pseudotsuga menziesii* - Thick bark was used as fuel for fire.

**Thimbleberry**

*Rubus parviflorus* - Delicious red berry fits over the thumb like a thimble. Soft, wide leaves used as toilet paper.

**Yarrow**

*Achillea millefolium* - Very frilly leaves with white flowers. Used to treat colds, coughs, and sore throats.

**Oregon Grape**

*Mahonia aquifolium* - Yellow root was used as a dye for clothing and made into a tea to treat illness.

**Vine Maple**


*Acer circinatum* - Called "basket tree" because its branches were woven into baskets for carrying firewood.

Over the years, Raven has witnessed many changes—mountains rising, glaciers and rivers carving valleys, and people building communities, paths, and roads through the wilderness. The sounds heard within North Cascades National Park have changed as well.

## ACTIVITY

4

### Sounds of the North Cascades

 *For this activity, sit down and listen carefully in two areas: natural and **developed**. Label each place and list or describe the sounds you hear in the circles below. If you hear a sound in both places, record the sound you heard in the area where the circles overlap.*

If you have time, find another spot, make a second diagram, and compare the different sounds you heard in each place.



**NEW WORD! Developed** means constructed by humans, especially buildings and urban areas.

## ACTIVITY

5

### Poets on the Peaks



#### Wilderness

*Ever-changing wild  
Majestic peaks, glacier made  
Gift for us to save*

People journey from near and far to be inspired by the rugged peaks of the North Cascades. Famous writers like Gary Snyder and Jack Kerouac spent time in fire lookouts, where they wrote poetry about these majestic mountains.



*There are many forms of poetry. If you would like some help writing your own poem, take a look at the explanation for creating a Haiku.*

## Mid-August at Sourdough Mountain Lookout

*Down valley a smoke haze  
Three days heat, after five days rain  
Pitch glows on the fir-cones  
Across rocks and meadows  
Swarms of new flies.*

*I cannot remember things I once read  
A few friends, but they are in cities.  
Drinking cold snow-water from a tin cup  
Looking down for miles  
Through high still air.*

*Try writing your own poems about  
your North Cascades experience!*

—Gary Snyder, Rip Rap, 1959



### What is a Haiku (*high-coo*)?

**Line 1** 5 syllables

**Line 2** 7 syllables

**Line 3** 5 syllables

write your haiku here

Line 1

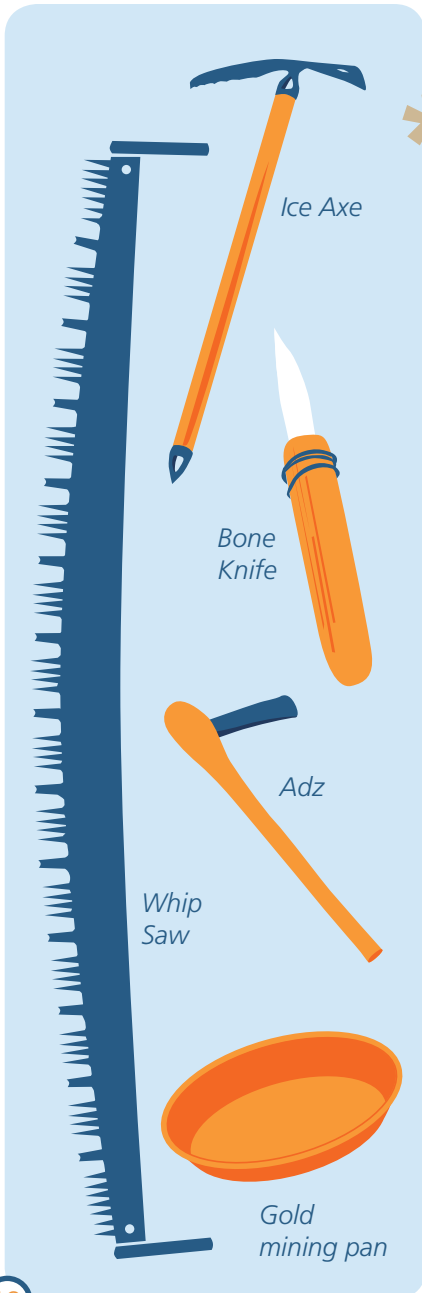
Line 2

Line 3

## ACTIVITY

6

What Tool Am I?



*Ice Axe*

*Bone Knife*

*Adz*

*Whip Saw*

*Gold mining pan*

Animals have adaptations that allow them to survive in specific environments. For example, a mountain goat has specialized hooves that allow it to scramble up a rocky cliff. Humans, on the other hand, must use their imagination to create tools. This tool-making ability has allowed humans to live in virtually any environment on the planet, from deserts to rainforests to mountains.



Match each tool illustration with a description below.

**I am a:** \_\_\_\_\_

I was used by Native Americans to carve canoes. I am still used today by local tribes to carve totem poles and canoes. Totems are carved and decorated with animal symbols that have special significance to an individual or family group.

**I am a:** \_\_\_\_\_

I was used by early miners to sift through river sand to find a very precious metal. People still use me today to find that shiny metal.

**I am a:** \_\_\_\_\_

I was used by Native Americans to peel bark off a cedar tree. The bark was moistened and beaten till it was soft. Then the bark was used for clothing.

**I am a:** \_\_\_\_\_

I was used by early European loggers to fell (cut down) large trees in the old growth forests. Two men would hold each end of me and whip me back and forth. These cut trees were then sold as timber or used for cabin construction.

**I am a:** \_\_\_\_\_

I am used by mountain climbers to stop a fall on a steep snow field. I am also used as a walking stick by climbers and hikers.

What tools or gear did you bring here?

How would your trip be different without your equipment?

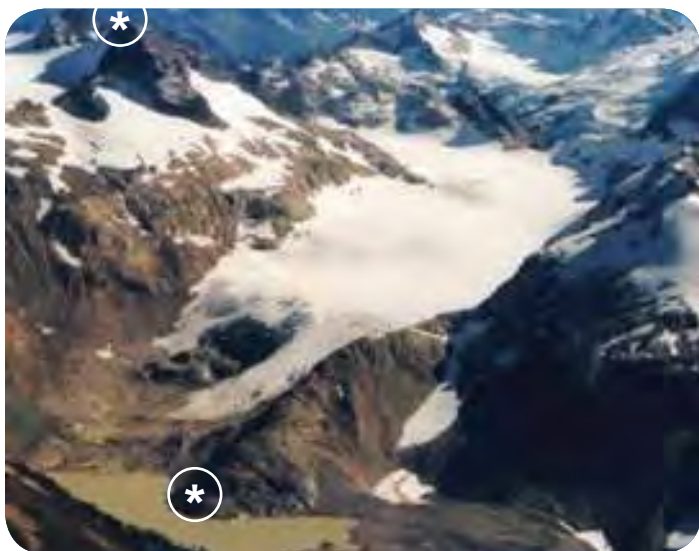
Raven has been flying over the North Cascades for many years, watching the landscape and ecosystems change over time. Raven has seen the ground covered by a sheet of ice a mile deep and watched as ice melted and glaciers carved wide valleys. Imagine you are a raven and your family has been flying over the mountains and studying the South Cascade **Glacier** for the past 70 years.

**Glaciers** are slow-moving, sheets of ice which are constantly changing. They provide water for the plants and animals living in the North Cascades.

## ACTIVITY

7

### South Cascade Glacier



South Cascade Glacier 1929, 2000

### How has the South Cascade Glacier changed over time?

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### What might happen if it disappears?

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### How many glaciers are there in North Cascades National Park?

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## ACTIVITY

8

### Tree of Life

For over 9,000 years, the area now known as North Cascades National Park has been a grocery, hardware store, and pharmacy for humans. In particular, Native Americans call the Western Redcedar, the *Tree of Life* because it provides them with many items they need to survive. From cedar trees, they make baskets, twine, canoes, longhouses, and clothing.



**Every man-made item comes from nature. List some man-made items you own and the natural materials they are made from.**

Made from Humans

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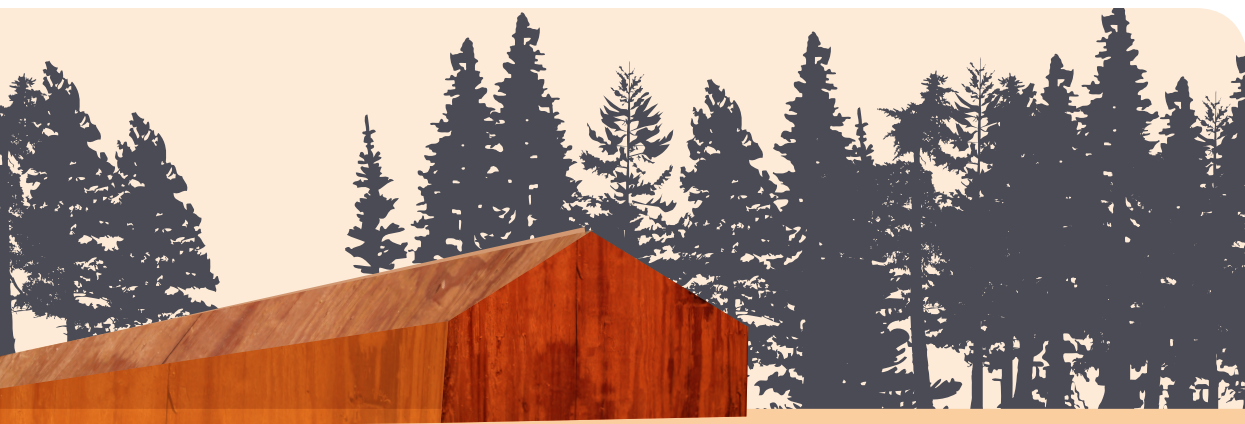
Natural Materials

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North Cascades National Park has a rich cultural history. Many different people have passed through its forests, traveled along its rivers, climbed its mountains, and spent time contemplating its beauty. As you explore North Cascades National Park, take a few minutes to record some of your own experiences in this place. Use pictures and words to document your findings in the circles below.

<b>ACTIVITY</b>	<b>9</b>
Exploring the North Cascades	

**Something Beautiful**

**Something New I Learned**

**Something Special about this Place**

**Something I Want to Remember**

# AS AN OFFICIAL JUNIOR RANGER I PLEDGE TO:

- Continue learning about North Cascades National Park.
- Get to know the plants and animals in my community.
- Share what I learned with my friends and family.

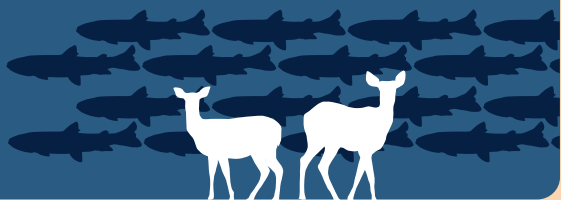


Junior Ranger

Date

Park Ranger

Date





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